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Thoroughly Renovated and Re-Furnished Throughout. Special attention given to all calls for trains. First Class Stabling and Yard Room.

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Best \$1.00 a Day House . . .

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Everybody Wears Clothing.

THE PLACE TO GET

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MAITLAND & CO'S.,

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The Largest Stock to Choose From.

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Lumber, Lath,

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Orders Delivered Promptly. Special Attention Given to Same.

Office and Yard Opposite C. P. R. Stock Yard.

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"A wise man will glean knowledge from whatever source, the fool will judge before he investigates."

Prof. J. A. Dow's

TEN WONDERS IN

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Dow's Golden Rheumatic Tablets	Price	50	Cts.
Dow's Golden Dyspepsia Tablets	4	50	4
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Will be sent free to any address, prepaid, upon the receipt of price.

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THE STANDARD MEDICINE CO.,

SMITH'S FALLS, ONT.

INTRODUCTION.



Branch Office of
THE STANDARD MEDICINE CO.,
Smith's Falls, Ont.

N PRESENTING this little book, The Household Treasure and Manual of Useful Information, one object has been keep constantly in view, to make it what its name implies.

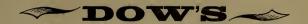
There are very few people but have some idea of medicines and diseases, who, if they had the medicines on hand, would frequently by their timely use, save a trip to a doctor and much suffering.

There are many so-called Patent Medicines on the market that are excellent remedies for ailments they are prescribed for, but few people think of buying medicine until they are very sick, when it may be too late.

Realizing this fact, The Standard Medicine Co. have adopted a new method of business, and are placing in every house a case of Dr. J. A. Dow's Celebrated Remedies, containing all the remedies you are likely to need. We do not ask you to pay for them until you have used them, and then only such as you have used. By this plan you have always on hand a complete medicine case with directions, without expense to you, and when anything more is required it will be sent by mail to any address, prepaid, upon receipt of price.

All the recipes and general information contained in this book can be relied upon, having been procured from most reliable sources, and contains much practical information for all classes, and will be sent free to any address upon application to

THE STANDARD MEDICINE CO.,
Smith's Falls, Ont.



GOLDEN RHEUMATIC TABLETS.

An unrivalled and most positive remedy for the safe and permanent cure of

RHEUMATIC AFFECTIONS

In all their varied forms, embracing

Chronic Rheumatism, Inflammatory Rheumatism,

Acute Rheumatism, Nervous Rheumatism,

Gout, Sciatica, Neuralgia, Lumbago, Pleurisy,

And similar diseases.

It is, we think, universally conceded that of all maladies that ever attached themselves to the human race, there are none to be compared to Rheumatic affections and those of a kindred character. Even the most prominent among the medical profession have acknowledged themselves powerless while endeavoring to combat successfully the ravages caused by this class of ailment. The country has been flooded with curative agencies (so called) that have generally accelerated instead of retarded the progress of the disease until the poor unfortunate, racked with pain, longed for the approach of death for relief.

Prominent medical journals, as well as the most celebrated newspapers of this country and Europe, have proved incontestably that a large, a very large proportion of suicides occur, among that class who have been attacked by Rheutamism, Gout and kindred ailments and after exhausting every method within their reach in the endeavor to secure even temporary relief, they have deliberately and calmly committed suicide. This picture is not overdrawn, far from it, and this is why Prof. J. A. Dow day by day, month by month and year by year has persistently studied, experimented and practiced until he has been

30233

enabled to prove to the world at large that Rheumatic Affections of Every Class can be Permanently Cured by using

DOW'S GOLDEN RHEUMATIC TABLETS.

It has been by the use of this wonderful remedy that he has been able to secure the many thousands of unsolicited testimonials from distinguished ecclesiastics, members of Legislatures, prominent physicians, distinguished jurists and learned members of the bar, who in turn have given their voluntary testimony of extraordinary cures. These Tablets are only 50c. per Box er 5 Boxes for \$2.00 and will be sent to any Address Postpaid Upon Receipt of Price. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.



THE LANGUAGE OF FLAGS.

To "strike the flag" is to lower the National colors in token of submission.

Flags are used as the symbol of rank and command, officers using them being called flag officers, such flags are square to distinguish them from other banners.

A "Flag of Truce" is a white flag displayed to an enemy to indicate a desire for a parley or consultation.

The white flag is the sign of peace. After a battle parties from both sides often go out to the field to rescue the wounded or bury the dead, under the protection of a white flag.

The red flag is a sign of defiance and it is often used by revolutionists. In our service it is a mark of danger and shows a vessel to be receiving or discharging her powder.

The black flag is a sign of piracy.

The yellow flag shows a vessel to be at quarantine or is the sign of contagious disease.

A flag at half mast means mourning. Fishing and other vessels return with a flag at half mast to announce the loss or death of some of the men.

Dipping the flag is lowering it slightly and then hoisting it again to salute a vessel or fort.

If the President of the United States goes afloat the American flag is carried in the bows of his barge or hoisted at the main of his vessel.

WIT AND HUMOR.

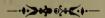
A drunken member of parliament said to the Attorney-General one day, "I'm a self-made man, I am." "Then sir," replied the philosophical Attorney General, "The fact relieves the Almighty of a great responsibility."

A self-made man never gets tired of bragging on his job.

An ill wind that blows nobody good—the breath of scandal.

If a man only saw himself occasionally as others see him he would cut his own acquaintance on the spot.

If a man knew as much about himself as he does about his neighbor he would never speak to himself.



POINTS OF PECULIAR INTEREST.

The first Atlantic cable was operated in 1885.

The first steamer crossed the Atlantic 1819.

The first telegraph operated 1844.

The largest tree in the world is in Tulare County, California. It is 275 feet high, and 106 feet in circumference at its base.

Tobacco was discovered in San Domingo in 1496, afterwards by the Spaniards in Yucatan in 1520. It was introduced into France in 1560, and into England 1583.

The greatest cataract in the world is Niagara, the height of the American falls being 165 feet.

Mammoth Cave in Kentucky is 85 miles by rail south-west of Louisville. The cave is about ten miles long but it is said to require upwards of one hundred and fifty miles of travelling to explore its multitudinous avenues, chambers, grottoes, rivers and cataracts.

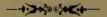
The main cave is only four miles long but is from forty to three hundred feet wide and rises in height to one hundred and twenty-five feet. Lucy's Dome is three hundred feet high, the loftiest of the many vertical shafts that pierce through all the levels. Some avenues are covered with a continuous incrustation of the most beautiful crystals, stallactites and statagagmites abound. There are several lakes or rivers connected with Green river outside the cave, rising with the river, but subsiding more slowly, so they are generally impassable for more than six months in the year. The largest is Echo river, three fourths of a mile long and in some places 200 feet wide. The air of the cave is pure and healthful. The temperature remains constant at about 54°.

HOW TO CATCH COLD.

A great many cannot see why they do not take cold when exposed to cold winds and rain. The fact is, and ought to be more generally understood, that nearly every cold is contracted indoors, and is not directly due to the cold outside, but to the heat inside. A man will go to bed at night feeling as well as usual, and get up in the morning with a royal cold. He goes peeping around in search of cracks and key holes and tiny drafts. Weather strips are provided and the house made as tight as a fruit can. In a few days more the whole family has colds.

Let a man go home tired and exhausted, eat a full supper of starchy and vegetable food, occupy his mind intently for a while, go to bed in a warm, close room, and if he doesn't have a cold in the morning it will be a wonder. A drink of whiskey or a glass or two of beer before supper will facilitate matters very much. People swallow more colds down their throats than they inhale or receive from contact with the air, no matter how cold or chilly it may be. Plain light suppers are good to go to bed on, and are far more conducive to refreshing sleep than a glass of beer or a dose of chloral. In the estimation of a great many this statement is rank heresy, but in the light of science, common sense, and experience it is gospel truth. Pure air is strictly essential to maintain perfect health. If a person is accustomed to sleeping with the windows open there is but little danger of taking cold winter or summer.

Persons who shut up the windows to keep out the "night air" make a mistake, for at night the only air we breath is "night air," and we need good air while asleep as much, or even more, than at any other time of the day. Ventilation can be accomplished by simply opening the window an inch at the bottom and also at the top, thus letting the pure air in, the bad air going outward at the top. Close foul air poisons the blood, brings on disease which often results in death. This poisoning of the blood is only prevented by pure air, which enters the lungs, becomes charged with waste particles, then thrown out, and which are poisonous if taken back again. It is estimated that a grown person corrupts one gallon of pure air every minute, or twenty-five barrels full in a single night, in breathing alone.

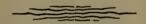


TRY IT AND THEN EXPLAIN.

Take any printed book and open its pages at random and select a word within the first ten lines and within the tenth word from the end of the line, mark the word. Now double the number of the page and multiply the number of the page by 5. Then add 20. Then add the number of the line you have selected. Then add 5, multiply the same by 10, add the number of the word in the line, from this substract 250 and the remainder will indicate in the unit column the number of the word, in the ten column the number of the line and the remaining figures the number of the page.

TO MEASURE AN ACRE.

Few farmers know the size of their fields or how many acres they contain. It is desirable—in fact indispenable—for good work that a farmer should know this, otherwise he could not apportion seed or manure for it; nor can he tell how much time it should take to plow, harrow or cultivate it. A good cotton cord, the size of a plow line, should be kept for this purpose. To make one, buy sixty-seven feet of cotton rope, one inch round; fasten a ring at each end and make these rings precisely sixty-six feet apart. This is four rods. Tie a piece of red rag in the centre. One acre of ground will be a piece four of these cords long and two and one-half wide, equal to sixteen by ten rods, make 160 square rods to an acre. The advantage of the rings is that one person can measure by driving a stake in the ground to hold the rope when he stretches it out. The rope should be soaked in tar and then dried. This will prevent its shrinking. Last year a neighbor of the writer had a heavy sod plowed by contract at \$2.50 per acre. Three persons stepped it off. One said it was four acres, another made it a little over five and the third said it was three and a half acres. The contractor sent over and got this rope, and all five men measured it and it was found to be just three and a half acres. He had paid to have the grass cut off it for three years, \$1.00 per acre or five each season, counting it to be five acres in extent, thus losing \$4.50 through ignorance. Get a measuring line and when not in use put it away, so that the "hands" cannot get at it, or they will be very apt to cut a piece off it to tie up harness, thus making it worthless for measuring purposes.



Two Ounces of Pure Blood added to the System Every day by taking Dow's Red Tablets for Pale People According to Directions.

FOR APPLE SCAB.

Ammoniacal solution of copper carbonate. Copper carbonate, ammonia and water. Dissolve 3 oz. copper carbonate in one quart ammonia and when about to use dilute in 22 galls. Some use more water (28 galls.) Used to destroy grape mildew and apple scab. In the latter disease it has been very successful.

CREAM KIDNEY TABLETS.

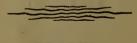
A Positive Cure for

KIDNEY DISEASE

In Every Conceivable Form, Including
Urinary Disorders, Catarrh of the Bladder,
Gravel, Female Complaint, Dropsy,
Change of Life, Jaundice and Bright's Disease.

THE KIDNEYS.

In order of purifying organs the Kidneys come next in importance after the Bowels. They form one of the main channels for the outlet of disease, but they also become obstructed, inflamed and congested, and take on many distressing and dangerous complications of disease, such as Bright's Disease, Gravel, Dropsy, and the various urinary complications so exhausting and painful as to render life almost burdensome. If there is extreme heat, soreness or pain in the back, a scanty or too copious and highly colored urine, or if there is a sediment deposited, or a brick dust appearance, or if the urine is slimy and pale, it indicates some one of the various diseases of these organs. Then use Dow's Cream Kidney Tablets. There is no more powerful efficient combination of diuretics in the medicinal world. One of the earliest effects of this medicine on the system is its effect on the kidneys.



DROPSY.

Is a watery condition of the blood and a perverted action of the kidneys and absorbents. If there is no outlet the reservoir must overflow. Diabetes is an abnormal flow of urine with an excess of sugar in it, and as everyone

knows, it is one of the most fatal diseases. Gravel, as the name implies, is the formation of sandy concretions in the urine that often accumulates to alarming proportions and is a painful obstinate disease. Bright's disease of the kidneys is another very painful and often fatal complaint; but those and all urinary difficulties of whatever form are immediately relieved and speedily cured by Dow's Cream Kidney Tablets. The organs of secretion and absorption are speedily aroused to normal action, the intolerant pain in the back ceases and the patient soon regains comfort and health. Dow's Cream Kidney Tablets are only 50c per Box or 5 Boxes for \$2.00, and are sent prepaid to any address upon receipt of price. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.



MARVELS OF OLD EGYPT.

Pyramids—The great pyramid of Gizeh is the largest structure of any kind ever erected by the hand of man. Its original dimensions at the base were 764 feet square and its perpendicular height in the highest point is 488 feet; it covers four acres one rood and twenty-two perches of ground, and has been estimated by an eminent English architect to have cost not less than \$145,200,000. Internal evidences prove that the great pyramid was bugun about the year 2170 B.C. about the time of the birth of Abraham. It is estimated that about 5,000,000 tons of hewn stone were used in its construction.

Sphinx—The word sphinx is from the Greek, and means the strangler, and was applied to a fabled creature of the Egyptians, which had the body of a lion, the head of a man or an animal, and two wings attached to its sides. In the Egyptian hieroglyphs the sphinx symbolised wisdom and power united. It has been supposed that the fact that the overflow of the Nile occurred when the sun was in the constellations. Leo and Virgo gave the idea of the combinations of form in the sphinx, but this idea seems quite unfounded. In Egypt the reigning monarch was usually represented in the form of a sphinx. The most remarkable sphinx is that near the pyramids Gizeh. It is scultured from the rock, masonry having been added in several places to complete the form. It is 172½ feet long by 53 feet high, but only the head of this remarkable sculpture can now be seen, the rest of the form having been concealed by the heaped up sands of the desert.

OBELISKS—The oldest of all the obelisks is the beautiful one of rosy granite which stands alone among the green fields upon the banks of the Nile not far from Cairo. It is the gravestone of a great ancient city which has vanished and left only this relic behind. The city was the Bethshemesh of

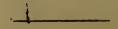
the Scriptures, the famous On, which is memorable to all Bible readers as the residence of the priest of Potipherah, whose daughter, Assenath, Joseph married. The Greeks called it Heliopolis.

CLEOPATRA'S NEEDLE—The two obelisks known as Cleopatra's Needles were set up at the entrance of the Temple of the Sun, in Helipolis, Egypt by Thothmes III, about 1831 B.C. We have no means of knowing when they were built, or by whom, except from the inscriptions on them, which indicates the above time. The material of which they were cut is granite, brought from Syene, near the first cataract of the Nile. Two centuries after their erection Rameses II had the stones nearly covered with carving setting out his own greatness and achievements. Twenty-three years before Christ, Augustus Caesar moved the obelisks from Helipolis to Alexandria and set them up in the Caesarium, a palace, which now stands, a mere mass of ruins near the station of the railroad to Cairo. In 1819 one of these obelisks was presented by the Egyptian Government to England, but as no one knew how to move them, it was not taken to London until 1878. Subsequently the other obelisk was presented to the United States. The work of moving this great Egyptian obelisk from Alexandria to New York was managed by Commander H. H. Gorringe of the United States navy. The officer reached Alexandria Oct. 16th 1879 and at once began to work with one hundred Arabs who completed the excavation of the obelisk's pedestal by removing 1,730 cubic yards of earth in twenty days. The machinery for lowering the monolith was then attached, and the block was laid in a horizontal position. Within the foundation and steps of the pedestal were found stones and implements engraved with emblematic designs, and some delay was caused in order that these might be taken up very carefully to be placed in exactly the same position in the pedestal when re-erected in New York. The obelisk was removed to the wharf and upon the steamer waiting for it, by means of cannon balls rolling in metal grooves. The shaft, pedestal and steps of the obelisk were removed separately, the entire mass weighing 1,470 tons.



A GOOD AXLE GREASE.

Melt one pound of tallow and mix it with a quarter pound lard oil. Then put in four ounces of pulverized stove blacking and stir it to a paste. It should be kept in a covered can to keep out the dust.



You can overcome all Liver and Stomach troubles by using Dow's Little Liver Pills.

FOR SPRAYING.

EAU CELESTE—This consists of copper sulphate, ammonia (commercial) and water, I lb. copper sulphate, I½ pints ammonia and 22 gals. water. Dissolve the copper sulphate in about 2 galls. hot water, as soon as cool add the 1½ pints ammonia and dilute to 22 gals.

A modified form has given better results, viz.: 2 lbs. copper sulphate dissolved in 2 galls. water, 2½ lbs. sodium carbonate (washing soda) dissolved in another vessel. Mix these and when chemical action has ceased add 1½ pints of ammonia and dilute to 22 galls. Some even dilute to 30 with good results.

This has been found good against downy mildew of grapes, black rot of grape, anthracnose, blight of potato, rot of the tomato, gooseberry mildew and scab of apple when sprayed upon the affected plants.

The contents of a grain bin in bushels may be found by multiplying the width, length and depth, in inches, together and dividing the product by 2150, the number of cubic inches in a bushel.

Four ounces of sulphate of copper in 5 galls, of water to which is added one pint of ammonia water will remove the "black rust" off apples.

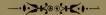


WOULD I WERE A BOY AGAIN.

I'd like to be a boy again, without a woe or care; With freckles scattered o'er my face, and hayseed in my hair, I'd like to rise at four o'clock, and do a hundred chores; And cut the wood, and feed the hogs, and slam the stable doors; And herd the sheep, and watch the bees, and take the stock to drink; And teach the chickens how to swim, so that they would not sink; And milk about a dozen cows, and bring in wood to burn; And stand out in the sun all day, and churn and churn; And wear my uncle's cast-off clothes, and walk two miles to school; And get a licking every day, for breaking some old rule; And then go home again at night, and do the chores once more; And milk the cows, and feed the hogs, and ducks and geese galore; And then crawl wearily upstairs to seek my little bed; And hear old Uncle Sammy say: "That boy don't earn his bread." I'd like to be a boy again, a boy has so much fun; His life is just one round of mirth, from rise to set of sun; I guess there's nothing pleasanter, than closing stable doors, And herding cows, and chasing bees, and doing evening chores.

TO REMOVE PAINT FROM A BUGGY.

Mix water of ammonia (it can be got in any drug store) with half as much turpentine and apply it to the surface. In a few minutes the paint can be rubbed off with cotton rag or waste.



FAMOUS ANCIENT CITIES.

Nineveh was 15 miles long, 8 wide and 40 round, with a wall 100 feet high and thick enough for three chariots abreast.

Babylon was 50 miles within the walls, which were 87 feet thick and 350 high, with 100 brazen gates.

The Temple of Dianna, at Ephesus, was 420 feet to the support of the roof. It was 100 years in building.

The largest of the pyramids is 461 feet high and 653 feet on its sides; its base covers 11 acres; the stones are about 30 feet in length and the layers are 380. It employed 350,000 men in building.

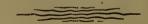
The Labyrinth in Egypt contains 300 chambers and 250 halls.

Thebes in Egypt presents ruins 27 miles round.

Athens was 25 miles round and contained 350,000 citizens and 400,000 slaves.

The Temple of Delphas was so rich in donations that it was plundered of \$500,000, and Nero carried away 200 statues.

The walls of Rome were 13 miles round.



ITEMS OF PECULIAR INTEREST.

The highest fall of water in the world is that of the Yosemite in California, being 2,550 feet.

The largest producing farm in the world lies in the south west corner of Louisiana and is owned by a northern syndicate. It runs 100 miles North and South. The immense tract is divided into convenient pastures with stations of ranches every six miles, the fencing alone cost \$50,000.

The largest body of fresh water is Lake Superior, it is 400 miles long and 180 miles wide, its circumference, including the windings of its bays, is 1800 miles. Its area in square miles is 32,000, the greatest depth of this inland sea is two hundred fathoms. It is 636 feet above sea level.

DOW'S

LITTLE LIVER TABLETS.

For the Cure of

Liver Complaint, Biliousness, Costiveness, Jaundice,

And all Diseases Arising from a Torpid Liver.

THE LIVER.

The liver is the largest glandular organ in the body. It is the largest at birth but gradually lessens until the fourth year. This organ is of peculiar structure, being richly supplied with blood. Channeled out in the intra-lobular substance is the bile duct. Thus the functions of the liver are to secrete a bitter fluid made up of bili-rubin, bili-verdin, water, etc., which is nature's cathartic. The liver is a sieve or filter to cleanse impurities of the blood, which passes through it. Now if the liver's action is suspended, the bile will overflow into the circulation and give rise to jaundice, a sallow complexion, yellow eyes and causing many troublesome complaints. Any obstruction of the liver may act in turn upon the Heart, the Stomach, the Lungs, the Kidneys, or other organs causing irregularity in their action.



LIVER COMPLAINT

As it is commonly called is indicated by a furred tongue, bad taste in the mouth, langour, depression, a melancholy, weary, sluggish feeling, pain or tenderness in the right side, or under the shoulder blades, irregular action of the bowels, headache, faint or sick stomach, flatulence, dizziness, variable or capricous appetite, etc. When any of these symptoms are present, the first and best thing to do is to thoroughly evacuate the bowels, so as to carry off the overflow of bile. To do this the best remedy known to medical science is DOW'S LITTLE LIVER TABLETS.

VERY IMPORTANT.

The symptoms in Liver complaint vary according to the degree of inflamation of the Liver, which may be affected. Sometimes the pain is so inconsiderable, that an inflammation is not even suspected. But, when the obstruction is in the upper or convex part of the Liver and the disease progresses, the pain in the side becomes more acute, extending through the shoulders, attended with a difficulty of lying on the left side, want of appetite, costiveness, etc.

Sometimes the patient is troubled with a dry cough, great thirst, with a pale or yellow color of the skin or eyes. In order to cure the disease, sufficient doses must be taken of **Dow's Little Liver Tablets** to produce a thorough evacuation, two or three times a week. Tea and coffee, if used, must be weak, and alcoholic stimulants must be avoided. These Little Liver Tablets will be sent by mail prepaid to any address upon receipt of price, 25 cts. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont



LESSONS OF THE LETTERS.

A popular magazine writer professes to have discovered that our lives would surely be happy, as well as useful and meritorious, if we were always careful to avoid:

The incessant round of idle pleasures, which make life so-M-T.

That undisciplined spirit which carries everything to-X-S.

Fixing our hearts upon aught that can know-D-K.

Looking upon the possession of others with—N-V.

Exulting over a fallen—N-M-E.

Shirking all the difficult duties of our state and fulfilling only those that are—E-Z.

A haughty, repellant manner, which may be alphabetically described as—I-C.

Encumbering our souls with faults, which we shall, either here or here after, be required to—X-P-VIII.

That pride which leads us to refuse a work in which we are not sure we shall—X-L.

That porcupine susceptibility which is irritated at—O.

Discussing topics that cause the strings of social life to—G-R.

Thinking that acquaintances have no good qualities because at first sight we don't—C. N. E.

Being gloomy sometimes though life were an-L-E-G.

If our readers cannot make out all these maxims we confess we cannot—C-Y.

HOUSEHOLD RECIPES.

SOUPS.

Tomato Soup.—Boil chicken or beef four hours, then strain, add to the soup one can of tomatoes and boil one hour. This will make four quarts ot soup.

ANOTHER.—Eight good sized tomatoes, one quart boiling water; stew the tomatoes as for the table, pour the water on, let it boil fifteen minutes. Just before serving put in one teaspoonful of soda (half at a time) and one quart of milk; butter, salt and pepper to taste.

BEEF SOUP.—Three pounds beef, three onions, three quarts water, one-half pint pearl barley. Boil beef slowly about an hour and a half, then add onions, sliced, and pearl barley (previously well washed and soaked half an hour); then boil about an hour longer. More water may be added, sufficient to have two quarts of soup when done. Season to taste with pepper.

Brown Stock.—Two shins of beef, one of veal, one dozen cloves, one dozen peppercorns, two tablespoonsful of salt and eight quarts of water; boil eight hours; strain into a jar and when cold take off the fat.

Sour Stock.—Take six pounds of lean coarse beef, which may be obtained of any market man for seven or eight cents per pound; cut it in pieces as large as a hen's egg; put on it eight quarts of cold water; let it stand all night in an earthen vessel; in the morning put it over the fire; let it simmer very slowly until it boils, then skim it and let it boil half an hour longer; strain it off from the meat (which is now worthless) salt it and set in a cool place. This may be kept perfectly sweet for two weeks or more. When ready for use add a pint of water to every quart of the stock. From this several kinds of soup may be made.

OYSTER SOUP.—Take one quart of water, one teacupful of butter, one pint of milk, two teaspoonsful of salt, four crackers rolled fine and one teaspoonful of pepper. Bring to full boiling heat as soon as possible, then add one quart of oysters; let the whole come to boiling heat quickly and remove from the fire.

MINUTE SOUP.—Excellent for supper where something warm is desired, or for the little folks when they return from school "almost starved to death." Light bread or crackers crumbled in a bowl or deep dish, add a lump of butter, half a cup of sweet cream, plenty of pepper and salt; if fond of onions, cut a few slices thin and lay over the top and pour over plenty of boiling water, and you will be surprised to see how it is. If not fond of onions, add an_egg well beaten, after the water is poured over, and stir well,

WONDERS OF THE HUMAN BODY.

The skin contains more than two million openings, which are the outlets of an equal number of sweat glands.

The human skeleton consists of more than two hundred distinct bones.

An amount of blood equal to the whole quantity in the body passes through the heart once every minute.

The full capacity of the lungs is about three hundred and twenty cubic nches. About two thirds of a pint of air is inhaled and exhaled at each breath in ordinary respiration.

The stomach daily produces nine pounds of gastric juice for digestion of food; its capacity is about five pints. There are more than five hundred separate muscles in the body, with an equal number of nerves and blood vessels. The weight of the heart is from eight to twelve ounces. It beats one hundred thousand times in twenty-four hours. Each perspiratory duct is one fourth of an inch in length, of the whole about nine miles. The average man takes five and one half pounds of food and drink each day, which amounts to one ton of solid and liquid nourishment annually. A man breathes eighteen times a minute and three thousand cubit feet, or about three hundred and seventy-five hogsheads of air every hour of his existence.



PULPIT NOTICE.

A clergyman was very anxious to introduce some hymn books into the church, and arranged with his clerk that the latter was to give out the notice immediately after the sermon. The clerk, however, had a notice of his own in reference to the baptism of infants to give out; accordingly, at the close of the sermon he arose and announced that "All those who have children whom they wish to have baptized please send in their names at once to the clerk." The clergyman, who was stone deaf, assumed that the clerk was giving out the hymn-book notice, and immediately rose and said "And I should say, for the benefit of those who haven't any, that they may be obtained of the vestry any day, from 3 to 4 o'clock; the ordinary little ones at one shilling each, and special ones with red backs at one shilling and fourpence."

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Willie (who has eaten his apple)—"Mabel, let's play Adam and Eve. You be Eve and I'll be Adam." Mabel—"All right. Well?" Willie—"Now you tempt me to eat your apple and I'll succumb."

DOW'S

Red Tablets for Pale People.

The Greatest Blood Making, Blood Building, and Life Sustaining Remedy KNOWN TO MEDICAL SCIENCE.

A SURE AND CERTAIN CURE FOR

Gout, Rheumatism, Lumbago, Salt Rheum,
Ringworm, Tetter, Eczema, Scald Head,
Nervous and General Debillty and Female Complaints

THE BLOOD.

The life of the flesh, the vital stream that permeates every vein, Artery and Capilliary, is the source of animal heat and the grand agent of vitality. Blood is obtained from the food by the process of digestion and assimilation and its fitness depends greatly upon the nature and quality of the food we use. The blood flows through the lungs, where it comes in close contact with the air in the air cells, here it becomes oxidized and vitalized, hence the importance of breathing plenty of pure air. The blood of course is at times charged with effete matter which is carried off by the bowels, skin, and kidneys, hence the proper and harmonious action of those organs becomes essential.

The blood is composed of white and red corpuscles and blood plates. It holds in solution fibrine, albumen, and mineral salts, as chlorides etc., which are its animal constituents.

Its phosphates and saline properties supply material for building up bone, brain and muscle. **Dow's Red Tablets** not only purify the blood, but supply the lost constituents, and thus render the blood capable of nourishing and invigorating the system.

The blood may absorb its own morbid secretions, by it all contagious diseases are taken into the system, as also are all poisons. If the liver fails

to perform its functions the bile becomes mingled with the blood, it is clogged with impurities and the result is a sallow, yellow, sickly complexion, yellow eyes and general debility.

Many people are pale and have a dry, pasty, sickly appearance. The deficiency is in the red blood corpuscles. These corpuscles contain haemaglobin, the coloring matter of the blood; this haemaglobin cotains iron, to which its color is due. The inference is plain that persons having such a pale, pasty complexion want Iron and this is best supplied by **Dow's Red Tablets** which contain properties that act on the haemaglobin of the blood and thus deepen the color and destroy the continued palor. It is an old and true statement that without pure blood there can be no perfect health. When the blood becomes charged with impurities, or impoverished in its constituents it becomes the source of pimples, blotches, rashes, ulcers, tumors, carbuncles, boils, sore eyes, scrofulous sores, fever sores, rheumatism, gout, hip disease and other similar troubles affecting the joints. Dropsy is essentially a watery condition of the blood accompanied by inefficient action of the kidneys and absorbents.

Any interruption of the circulation may lead to inflammation, congestion, apoplexy or to palsy.

The blood is generally about one tenth of the entire weight of the body. Thus in a man weighing 160 pounds there are 16 pounds of blood. If Dow's Red Tablets are used there need not be sixteen grains of impure blood in the whole system, try one box 25c. and be convinced. Sent by mail prepaid upon receipt of price. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.



WIT AND HUMOR.

The Good Man and His Flock—A country minister in a certain town took permanent leave of his congregation in the following pathetic manner: "Brothers and sisters, I come to say good-bye. I don't think God loves this church, because none of you ever die. I don't think you love each other, because I never marry any of you. I don't think you love me, because you have not paid me my salary. Your donations are mouldy fruit and wormy apples, and 'by their fruits ye shall know them.' Brothers, I am going away to a better place: I have been called to be a chaplaln of a penitentiary. Where I go you cannot come, but I go to prepare a place for you, and may the Lord have mercy on your souls. Good bye."

HEALTH, HYGIENE AND PHYSIOLOGY.

Don't sleep in a draught.

Don't go to bed with cold feet.

Don't stand over hot air registers.

A bag of hot sand relieves n'euralgia.

Warm borax water removes dandruff.

Don't eat what you do not need just to save it.

Don't sit in a damp, chilly room without a fire.

Salt should be eaten with nuts to aid digestion.

Don't try to get cool too quick after exercising.

Don't sleep in a room without ventilation of some kind.

Dyspepsia can be cured with Dow's Dyspepsia Tablets.

Hippocrates 450 B.C. is styled the "Father of Medicine."

Medicine was introduced into Rome from Greece 200 B.C.

Don't try to get along without flannel underclothing in winter.

Oxygen, the life element, was discovered by Dr. Priestly in 1774.

Don't stuff a cold lest you should be next obliged to starve a fever.

Well ventilated bed rooms prevent morning headaches and lassitude.

Pains in the side are most promptly relieved by the application of mustard

Rheumatism can be cured by using Dow's Rheumatic Tablets according to direction.

One in a faint should be laid flat on his back, then loosen his clothes and let him alone.

Consumption night sweats may be arrested by sponging the body nightly in salt water.

A fever patient can be made cool and confortable by frequent sponging off with soda water.

Nervous spasms are usually relieved by a little salt taken into the mouth and allowed to dissolve.

Hoarseness and all affections of the throat and lungs are easily relieved by Dow's Bronchial Tablets.

Whooping cough paroxysms are relieved by breathing the fumes of turpentine and carbolic acid.

Kidney diseases in every form can be cured by using Dow's Kidney Tablets according to directions.

Hemorrhages of the lungs or stomach are promptly checked by small doses of salt. The patient should be kept as quiet as possible.

"MOTHER'S FOOL."

"Tis plain to me," said a farmer's wife,
"These boys will make their mark in life;
They never were made to handle a hoe,
And at once to college ought to go.
There's Fred— he's little better'n a fool;
But John and Henry must go to school."

"Well, really, wife," quoth Farmer Brown, As he sat his mug of cider down, "Fred does more work in a day for me Than both his brothers do in three.

Book larning will never plant one's corn, Nor hoe potatoes, sure's you're born, Nor mend a rod of broken fence— For my part, give me common sense."

But his wife was bound the roost to rule, And John and Henry were sent to school, While Fred, of course, was left behind, For his mother said he had no mind!

Five years at school the students spent,
Then into business each one went;
John learned to play the flute and fiddle,
And parted his hair, of course, in the middle;
While his brother looked rather higher than he,
And hung out a sign, "H. E. Brown, M. D."

Meanwhile, at home their brother Fred Had taken a notion into his head; But he quietly trimmed his apple trees, And weeded his onions and planted peas; While, somehow, either by hook or by crook, He managed to read full many a book; Until, at last, his father said He was getting "book larnin" into his head. "But, for all that," said Farmer Brown, "He's the smartest boy there is in town."

The war broke out, and Captain Fred One hundred men to the battle led; And when the rebel flag came down, He came marching home as General Brown, But he went to work on the farm again, (And plowed the ground and sowed the grain), Re-shingled the barn, and mended the fence, And the people declared, "He had common sense."

Now, common sense was very rare, And the State House needed a portion there; So the "Family Dunce" moved into town, And the people called him Governor Brown; And his brothers, who went to the city school, Came home to live with "Mother's Fool."



DOMINION OF CANADA.

Population 1891, 4,829,411. Seat of Government, Ottawa. Ministry formed 13th July, 1896.

THE CABINET.

PRIME MINISTER—The Right Hon. Sir Wilfrid Laurier, G.C.M.G., P.C., President of the Queen's Privy Council.—\$8,000.

MINISTER OF TRADE AND COMMERCE—Hon. Sir Richard J. Cart wright, G.C.M.G.—\$7,000.

SECRETARY OF STATE—Hon. Richard William Scott.—\$7,000.

MINISTER OF JUSTICE—Hon. David Mills.—\$7,000.

MINISTER OF MARINE AND FISHERIES—Hon. Sir Louis Henry Davies, K.C.M.G,—\$7,000.

MINISTER OF MILITIA AND DEFENCE—Hon. Frederick William Borden—\$7,000.

Postmaster.General—Hon. William Mulock, Q.C.—\$7,000.

MINISTER OF AGRICULTURE—Hon. Sydney Arthur Fisher.—\$7,000.

MINISTER OF PUBLIC WORKS—Hon. Joseph Israel Tarte.—\$7,000.

Without Portfolio-Hon. Richard Reid Dobell.

MINISTER OF FINANCE—Hon. Wm. Stevens Fielding—\$7,000.

MINISTER OF RAILWAYS AND CANALS—Hon. And. Geo. Blair.—\$7,000 MINISTER OF INTERIOR AND SUPT. GENERAL OF INDIAN AFFAIRS—Hon Clifford Sifton.—\$7,000.

MINISTER OF CUSTOMS—Hon. William Paterson-—\$7,000.

Minister of Inland Revenue—Hon. Sir Henry Joly de Lotbiniere, K.C.M.G.—\$7,000.

CLERK OF THE QUEEN'S PRIVY COUNCIL—John Joseph McGee, Esquire.

Members of Cabinet in addition to regular salary receive \$1,000 sessional allowance.

NOT IN THE CABINET.

Solicitor-General of Canada—Hon. Charles Fitzpatrick.—\$5,000.



NERVE TABLETS.

FOR THE CURE OF

Nervous Exhaustion, / Depression of Spirits,

Irritability, and all Diseases of the Nerves.

Very few persons, especially among the female sex, but what are troubled more or less with nervousness in some form, such as nervous exhaustion, depressed spirits, peevishness, irritability, general sensitiveness of the whole nervous system, failure of memory, inability to concentrate the thoughts, morbid fears, restless and sleepless nights, pains in the head, noises in the ears, and dizziness. **Dow's Nerve Tablets** will cure all these as well as nervous prostration. They stimulate and strengthen the nerves, and tone up the whole body. They will be sent to any address, prepaid, upon receipt of price, 25 Cents.

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont

FACTS AND CHANNELS OF TRADE.

Telescopes were invented in 1590.

Envelopes were first used in 1839.

The first steel pen was made in 1830.

The Chinese invented paper 170 B. C.

The first lucifer match was made in 1829.

The first newspaper advertisement was in 1652.

Ben Franklin used the first lightning rods in 1752.

The phonograph was invented by T. A. Edison in 1877.

There are 20,000,000 acres under cotton in the United States.

Spectacles were invented by an Italian in the thirteenth century.

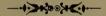
The first sewing machine was patented by Elias Howe jr. in 1846.

St. Peter's Church at Rome was begun in 1415 and finished in 1626.

Postage stamps first came into use in England 1840, in this country 1847.

The best remedy for Rheumatism ever discovered is Dow's Golden Rheumatic Tablets.

The great wall of China, built 200 B. C., is 1,250 miles in length, 20 feet high, and 25 feet thick.



LANDLORD AND TENANT.

Leases for a term of seven years or over must be registered.

When a landlord desires to prevent his tenant from subletting a part or the whole of the premises, he must provide for it in the lease. A person holding a lease which does not contain this prohibition can sublet at his pleasure.

A lease given for a specified time, as for one year, expires at the end of the time, and the tenant may leave without giving notice, or the landlord may put him out without notice.

Where a tenant is induced through wilful misrepresentations of a landlord to lease property and thereby suffer loss or inconvenience he can deduct the amount of his damages from the rent and the landlord is bound to bear the loss.

A tenant is not bound to pay taxes on the property unless he expressly agrees to do so.

HOUSEHOLD RECIPES.

EGGS AND OMELETS.

Boiled Eggs—Perfection.—Have the water boiling, take off the stove and set in a warm place (the stove hearth will answer); put in the eggs and cover the vessel closely; let them simmer nine minutes; they are then cooked evenly and well.

Baked Omelet—Six eggs, whites and yolks beaten separately and very light; a tea cup of warm milk with a teaspoonful of butter melted in it; a tablespoonful of flour, one teaspoonful of salt, a little pepper; mix together adding whites last; bake twenty minutes.

To Poach Eggs—Have the water well salted and not let it boil hard. Break the eggs separately into a saucer and slip gently into the water; when nicely done remove with a skimmer, trim neatly and lay each egg upon a small, thin square of buttered toast, then sprinkle with salt and pepper. Some persons prefer them poached rather than fried with ham, in which case substitute the ham for toast.

EGG TOAST.—Beat tour eggs, whites and yolks together, thoroughly; put two tablespoonsful of butter into a saucepan and melt slowly; then pour in the eggs and heat without boiling over a slow fire, stirring constantly; add a little salt and when hot spread on slices of nicely browned toast; serve at once.



VEGETABLES.

Boiling Potatoes.—To boil a potato well requires more attention than is usually given. They should be well washed and left standing in cold water an hour or two, to remove the black liquor with which they are impregnated and a brackish taste which they would otherwise have. They should not be pared before boiling; they lose much of the starch by so doing and are made insipid. Put them into a kettle of clear, cold water with a little salt, cover closely and boil rapidly. using no more water than will just cover them, as they produce a considerable quantity of fluid themselves while boiling, and too much water will make them heavy. As soon as done instantly pour off the water, set them back on the range and leave the cover off the saucepan till the steam has evaporated. They will then, if a good kind, be dry and mealy. This is an Irish receipt and a good one.

AN EXCELLENT DISH.—Place alternate layers of tomatoes, sliced onions and bread and butter, in a pudding dish and bake,

CONDUCT AT TABLE.

Seat yourself in an upright position, not too close nor yet too far from the table.

Take your napkin, partially unfold it, and lay it across your lap. It is not the correct thing to fasten it to your button hole or spread it over your breast.

Do not trifle with your knife or fork, or drum on the table, or fidget in any way while waiting to be served.

Keep your hands quietly in your lap, your mind composed and pleasantly fixed upon the conversation. Let all your movements be easy and deliberate. Undue haste indicates a nervous lack of ease.

Should grace be said you will give the most reverent attention in respectful silence during the ceremony.

Exhibit no impatience to be served. During the intervals between the courses is your opportunity for displaying your conversational abilities to those sitting near you. Pleasant chat and witty remarks compose the best possible sauce to a good dinner.

Eat slowly, it will contribute to your health as well as your good manners. Thorough mastication of your food is necessary to digestion. An ordinary meal should occupy from thirty minutes to an hour.

You may not desire the soup, which is usually the first course, but you should not refuse to take it. You can eat as much or little as you please, but you would look awkward sitting with nothing before you while the others are eating. When eating soup, take it from the side of the spoon and avoid making any noise in so doing.

Should you be asked by the host what part of the fowl you prefer, always have a choice, and mention promptly which you prefer. Nothing is more annoying than to have to serve two or three people who have no preferences and will take "anything."

Never place waste matter on the table cloth. The side of your plate or side dishes that have contained sauces or vegetables, will answer_as_a receptacle for bones, potato skins, etc.

You will use your fork to convey all food to your mouth, except it may be certain sauces that would be more conveniently eaten with a spoon. For instance you should not attempt to eat peas with a fork; if you are not provided with a spoon ask for one.

The knife is only for cutting meat and other articles of food, for spreading butter upon the bread, etc.

SENATE OF CANADA.

Hon. Sir C. A. P. Pelletier, K.C.M.G., Speaker (Quebec.) E. J. Langevin, Clerk of the Senate and Clerk of the Parliaments, \$3,400. Senator's Sessional allowance, \$1.000.

SENATORS. P. O. ADDRESS. SENATORS. P. O. ADDRESS. Hon. David Reesor Yorkville Geo. A. Drummond, Montreal George W. Allan Toronto " S. Prowse, Murray Har., P.E.I. " I. F. Armand Riv. des Prairies C. A. Boulton, Shellmouth, M. 66 " Robert B. Dickey Amherst J. A. Lougheed, Calgary, Alta 66 William Miller Arichat 66 L. R. Masson, Terrebonne, Q. 66 David Wark Fredericton 66 Peter McLaren, Perth, O. 66 St. John, N.B. " James Dever H. Montplaisir, C. dela Mag. Q. J. B. Snowball, Chatham, N.B. A. McFarlane Wallace, N.S. 66 66 Sir Frank Smith A.A. Macdonald, Charlottetown Toronto 66 66 Fernton, M. John Dobson J. Sutherland Lindsay 66 W. J. Macdonald Victoria, B.C. 66 A. C. P. R. Landry Quebec 66 66 M. H. Cochrane Compton T. A. Bernier, St. Boniface, M. 66 Alexander Vidal Sarnia Clarence Primrose, Pictou, N.S. 66 J. H. Bellerose St. Vin. de Paul 66 Sir Mackenzie Bowell, Ottawa 66 R. W. Scott Ottawa John N. Kirchoffer, Brandon, M. " J. D. Lewin St. John, N.B. Donald Ferguson, Marshfield, 66 L. G. Power Halifax P.E.I. " Sir C. A. P. Pelletier Ouebec Geo. T. Baird, Perth Centre, 66 Jos. R. Thibaudeau Montreal [N.B. C. E. B. de Boucherville Bouch Sir William Hingston, Montreal " 66 William J. Almon Halifax Josiah Wood, Sackville, N.B. 6. 66 Thos. McKay Truro, N.S! James O'Brien Montreal 66 66 Alex. W. Ogilvie Montreal Joseph O. Villeneuve, Montreal " " Donald MacInnes Hamilton William Owens Montreal " 66 T. R. McInnes Victoria, B.C. James Cox Aikins Toronto 66 John O'Donohoe Toronto Geo. B. Baker, Sweetsburg, Donald McMillan Alexandria Que. 66 Geo. C. McKindsey, Milton, O. Michael Adams, Newcastle, N.B. 66 W. McDonald, L'tle Glace B., N.S. David Mackeen, Little Glace Bay, N.S. I. Bolduc, St. Victor de Tring Q J. R. Gowan " Sir John Carling London Barrie 66 M. Sullivan Kingston Louis J. Forget Montreal AlfredA. Thibaudeau, Montreal 66 F. Clemow Ottawa 66 P. Poirier Shediac, N.B. David Mills London, Ont. 66 S. Merner New Hamburg, O. 66 Geo. A. Cox ` Toronto 66 Geo. G. King, Chipman, N.B. C. E. Casgrain Windsor, O. 66 " Yarmouth, N.S. L. McCallum Stromness, O. Ino. Lovitt J.J. Ross, Ste. Annedela Perade Raoul Dandurand Montreal 66 J. B. R. Fiset Rimouski W. D. Perley, Wolseley, " [N.W.T. William Templeman, Victoria James Reid Ouesnelle, B.C. Arthur Paquet Quebec

Evan John Price

Ouebec

DOW'S

GOLDEN DYSPEPSIA TABLETS

For the Immediate Relief and Positive Cure of

Indigestion and Dyspepsia in Every Form.

INDIGESTION AND DYSPEPSIA.

Of any one disease to which all alike are subject, none can successfully claim predominence over Dyspepsia. It assumes various forms and the symptoms it manifests are now recognized and have become familiar. Remedies in various forms have been placed upon the market and offered as cures and failed to cure or give relief.

Physicians who have made a specialty of Dyspepsia treatment, have failed in many of the chronic cases. There are many types of Dyspeptics, who, on account of the many failures in getting relief, believe their cases incurable, and they settle down convinced that it will abide with them through life.

A dyspeptic who has arrived at this conclusion is apt to lead a miserable life and spread an air of gloom over all with whom he comes in contact. The great medical discovery, **Dow's Golden Dyspepsia Tablets**, are a specific that will reach every case, from the slight attack of indigestion to the most stubborn case of chronic Dyspepsia.

Dr. J. A. Dow, after over a quarter of a century of extensive practice and repeated experiments, has given to the world a remedy that produces such marvellous results as to mark a new era in medicine.

The experiment which led to this wonderful discovery was to produce a perfect remedy for the Stomach and Digestive Organs, and they are not given as a cure-all but for the relief and cure of Indigestion and Dyspepsia only. It has been proved beyond doubt that nine-tenths of our Canadian people suffer from Indigestion and Dyspepsia, and consequently nine-tenths of our troubles are the result of Indigestion and Dyspepsia. The Stomach is the great power producer of the body, and a Stomach properly toned to the wants of the system is like a steamship properly equipped for an ocean voyage.

Owing to the rapid pace at which we live, Indigestion and Dyspepsia are more prevalent to-day than ten years ago.

In the struggle for wealth the matter of health is forgotten. We rush to our meals. We eat too fast, taking ten minutes for our meals when we should take thirty. Living on high seasoned dishes, together with worry of business and household cares, will soon break down the strongest digestion and bring about troubles that render life miserable. To all such we unhesitatingly guarantee **Dow's Golden Dyspepsia Tablets** to give immediate relief and to positively cure all cases of Indigestion and Dyspepsia.

DIRECTIONS.

One or two Tablets should be taken after each meal and allowed to dissolve in the mouth. In chronic cases one should be taken before meals. Their action is directly upon the food. Each tablet contains properties sufficient to digest eight ounces of food.

If the patient is costive or constipated, keep the bowels free by using Dow's Little Liver Tablets. One to three should be taken before retiring, and a cup of hot water taken before breakfast will very materially assist in effecting a speedy cure.

DIET.

Eat well cooked, wholesome food, but not to excess, stop eating when you think you could eat more. Avoid strong tea and coffee and all alcoholic drinks. The foods best adapted to weak stomachs are rice, raw oysters, baked apples, fish, sago, boiled milk, baked potatoes, roast beef, raw eggs and brown bread.

Results or Indigestion and Dyspepsia are Liver Complaint, Sick Headache, Sleeplessness, Heartburn, Biliousness, Constipation, Nausea, etc.

NO FAITH CURE.

Dow's Golden Dyspepsia Tablets will cure all Stomach Trouble and Indigestion anyway, whether you have faith or not.

It is an acknowledged fact that the element of faith has a great deal to do in the cure of disease.

Firm belief and cofidence in a family physician or the same confidence and faith in a patent medicine have produced remarkable cures in all ages.

This is specially true in nervous troubles, and no field offers so prolific a

harvest for the quack as the diseases arising from a weak or run down nervous system.

The most common of all diseases, indigestion and stomach troubles which in turn cause nervous diseases, heart troubles, consumption and loss of flesh, require something more than faith to cure.

Faith will not give you an appetite, will not digest your food for you, will not increase your flesh and strengthen your nerves and heart.

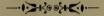
But Dow's Golden Dyspepsia Tablets will do these things, because they are composed of the elements of digestion, they contain the juices, acids, and peptones, necessary to the digestion and assimilation of all wholesome food.

Dow's Golden Dyspepsia Tablets will digest food if placed in a jar or bottle of water heated to 98 degrees and they will do it more effectively when taken into the stomach after meals whether you have faith that they will or not. They invigorate the stomach, make pure blood and strong nerves, in the only way that nature can do it, and that is from plenty of wholesome food, well digested. It is not what we eat but what we digest that does us good and makes us fat and strong.

Dow's Golden Dyspepsia Tablets are only 50 cents per box or 5 boxes for \$2.00 sent to any address prepaid on receipt of price. Address

THE STANDARD MEDICINE CO..

Smith's Falls, Ont



BLUNDERS TO AVOID.

Do not eat fast.

Do not make noise with mouth or throat.

Do not fill the mouth too full.

Do not open the mouth in masticating.

Do not leave the table with food in the mouth.

Be careful to avoid soiling the cloth.

Never carry anything like food from the table.

Do not pick your teeth or put your finger in your mouth at the table.

Do not come to table in your shirt sleeves or with soiled hands or tousled hair.

Do not cut your bread, break it.

Do not refuse to take the last piece of bread or cake.

ANNIE AND WILLIE'S PRAYER.

A PATHETIC RECITATION.

Twas the eve before Christmas, "Good night" had been said, And Annie and Willie had crept into bed: There were tears on their pillows, and tears in their eyes, And each little bosom was heaving with sighs. For to-night their stern father's command had been given That they should retire precisely at seven— Instead of eight—for they troubled him more With questions unheard of than ever before; He told them he thought this delusion a sin-Y No such creature as "Santa Claus" ever had been, And he hoped, after this, he should nevermore hear How he scrambled down chimneys with presents each year. And this was the reason that two little heads So restlessly tossed on their soft, downy beds. Eight, nine, and the clock on the steeple tolled ten, Not a word had been spoken by either till then, When Willie's sad face from the blanket did peep, As he whispered, "Dear Annie, is 'ou fast aseep?" "Why no, brother Willie," a sweet voice replies, "I've long tried in vain, but I can't shut my eyes, For somehow it makes me so sorry because Dear papa has said there is no 'Santa Claus.' Now we know there is, and it can't be denied, For he came every year before mamma died, But then I've been thinking that she used to pray, And God would hear everything mamma would say, And maybe she asked Him to send Santa Claus here With the sack full of presents he brought every year." "Well, why tan't we pay dest as mamma did den, And ask Dod to send him with pesents aden?" "I've been thinking so too," and without a word more Four little bare feet bounded out on the floor, And four little knees the soft carpet pressed, And two tiny hands were clasped close to each breast. "Now, Willie, you know we must firmly believe That the presents we ask for we're sure to receive; You must wait just as still till I say the 'Amen,' And by that you will know that your turn has come then. "Dear Jesus, look down on my brother and me, And grant us the favor we are asking of Thee. I want a wax dolly, a tea-set and ring, And an ebony work-box that shuts with a spring. Bless papa, dear Jesus, and cause him to see That Santa Claus loves us as much as does he; Don't let him get fretful and angry again At dear brother Willie and Annie. Amen."

"Please, Desus, et Santa Taus tum down to-night, And bing us some pesents before it is ight; I want he should div' me a nice ittle sed, With bright shinin unners and all painted red; A box full of tandy, a book and a toy, Amen, and then, Desus, I'll be a dood boy." Their prayers being ended, they raised up their heads, And, with hearts light and cheerful again sought their beds. They were soon lost in slumbers, both peaceful and deep, And with fairies in Dreamland were roaming in sleep. Eight, nine, and the little French clock had struck ten, Ere the father had thought of his children again: He seems now to hear Annie's half suppressed sighs, And to see the big tears stand in Willie's blue eyes. "I was harsh with my darlings," he mentally said, "And should not have sent them so early to bed; But then I was troubled; my feelings found vent, For bank stock to-day has gone down ten per cent. But of course they've forgotten their troubles ere this, And that I denied them the thrice-asked-for kiss: But just to make sure, I'll steal up to their door, For I never spoke harsh to my darlings before." So saying, he softly ascended the stairs, And arrived at the door to hear both of their prayers. His Annie's "Bless Papa" drew forth the big tears, And Willie's grave promise fell sweet on his ears. "Strange—strange—I'd forgotten," said he, with a sigh, "How I longed when a child to have Christmas draw nigh. I'll atone for my harshness," he inwardly said, "By answering their prayers ere I'sleep in my bed." Then turned to the stairs and softly went down, Threw off velvet slippers and silk dressing gown, Donned hat, coat, and boots, and was out in the street— A millionaire facing the cold, driving sleet! Nor stopped he until he had bought everything, From the box full of candy to the tiny gold ring; Indeed, he kept adding so much to his store, That the various presents outnumbered a score, Then homeward he turned, when his holiday load, With Aunt Mary's help in the nursery was stowed; Miss Dolly was seated beneath a pine tree By the side of a table spread out for her tea; A work-box well filled in the centre was laid, And on it the ring for which Annie had prayed; A soldier in uniform stood by a sled "With bright, shining runners, and all painted red." There were balls, dogs, and horses, books pleasing to see, And birds of all colors were perched in the tree; While Santa Claus, laughing, stood up in the top,

As if getting ready more presents to drop. And, as the fond father the picture surveyed, He thought for his trouble he had amply been paid: And he said to himself as he brushed off a tear. "I'm happier to-night than I've been for a year; I've enjoyed more true pleasure than ever before, What care I if bank stocks fall ten per cent. more! Hereafter I'll make it a rule, I believe, To have Santa Claus visit us each Christmas Eve;" So thinking, he gently extinguished the light, And, tripping down stairs, he retired for the night. As soon as the beams of the bright morning sun Put the darkness to flight, and the stars, one by one, Four little blue eyes out of sleep opened wide, And, at the same moment, the presents espied; Then out of their beds they sprang with a bound, And the very gifts prayed for were all of them found. They laughed and they cried, in their innocent glee, And shouted for papa to come quick and see What presents old Santa Claus brought in the night, (Just the things that they wanted) and left before light: "And now," added Annie, in voice soft and low, "You'll believe there's a 'Santa Claus,' papa; I know;" While dear little Willie climbed up on his knee. Determined no secret between them should be. And told in soft whispers how Annie had said That their dear blessed mamma, so long ago dead, Used to kneel down and pray by the side of her chair, And that God up in heaven had answered her prayer. "Den we dot up and prayed dust as well as we could, And Dod answered our prayers; now wasn't he dood? "I should say that He was if He sent you all these, And knew just what presents my children would please. (Well, well, let him think so, the dear little elf, 'Twould be cruel to tell him I did it myself.") Blind father! who caused your stern heart to relent, And the hasty words spoken so soon to repent? 'Twas the Being who bade you steal softly upstairs, And made you his agent to answer their prayers.



Dow's Bronchial Tablets is a wonderful healing, soothing remedy for the lungs and Bronchial Tubes, stops the irritating cough and gives immediate relief from that stuffed up feeling which is so distressing.

DOW'S

MAGIC HEADACHE TABLETS

FOR THE POSITIVE CURE OF

Bilious Headache, Sick Headache, Nervous Headache, or headache from any cause whatever.

It is a generally understood fact that headache may arise from various causes, such as Cold in the Head, Biliousness, Costiveness, Nervousness, or from Neuralgia. Many persons who travel by rail or boat are subject to headache which is generally brought on by excitement, over exertion of the eyes, or anxiety. Under all circumstances and from whatever cause the stomach and bowels should be kept in a healthy and regular condition. One dose of Dow's Little Liver Tablets will always give relief if it is caused by Biliousness or Costiveness, and Dow's Magic Headache Tablets will always give relief in cases of Nervous Headache, Neuralgia Headache, or Headache from any cause whatever. Thousands of unsolicited testimonials can be produced testifying to their magic curative properties. They will be sent postpaid to any address upon receipt of price, 25 cents. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.

PHILOSOPHY OF LIFE.

It is easier to believe in someone than in something, because the heart reasons more than the mind.

The three most difficult things to do are to keep a secret, suffer an injury, and employ one's leisure.

Dow's Golden Rheumatic Tablets are the greatest known remedy for all forms of Rheumatism.

Great mistakes are often made, like great cables, from a multitude of strands.

He who does not know how to forgive knows not how to love. Love lives from indulgence and of reciprocal forgiveness.

Dow's Cream Kidney Tablets will positively cure all forms of kidney disease.

To live above our station shows a proud heart, and to live under it discovers a narrow soul.

Our greatest glory is not in never falling, but in rising every time we fall.

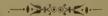
Promises made in time of affliction require a better memory than people commonly possess.

It you would be strong and robust use Dow's Red Tablets for Pale People.

Without a theory it is impossible to know what we say when we speak, and what we do when we act.

Opinion is a medium between knowledge and ignorance.

Dow's Little Liver Tablets cure all forms of Liver Complaint.



WIT AND HUMOR.

APPEAL TO EXPERIENCE.—A late professor was one day walking near Aberdeen when he met a well-known "natural." "Pray," said the Professor, "how long can a man live without brains?" "I dinna ken," said Jimmy, scratching his head, "how auld are ye?"

A PRAYER WITH A CODICIL.—Little Jack prays every night for all the different members of the family. His father had been away at one time for a short journey and that night Jack was praying for him as usual. "Bless papa and take care of him" he was beginning as usual, when suddenly he raised his head and listened. "Never mind about it now, Lord," ended th little fellow, "I hear him down in the hall."

HOUSEHOLD RECIPES.

VEGETABLES.

SNAP BEANS AND POTATOES.—Snap some beans and parboil them; then pour into a colander and let the water drain off. Take several potatoes, peel, and cut into small pieces; put into a saucepan a spoonful of lard and an onion cut up small, the potatoes, and last, the snap beans. If you have any beef broth, pour just enough into the skillet to cover the beans; if not, use boiling water; season with salt and pepper; let it hoil till the potatoes are done. Should there be any broth, pour it off; add a piece of butter the size of a walnut and dredge a little flour over the beans; mix thoroughly by stirring, and let it simmer a few minutes longer, then remove from the fire.

CORN WITH TOMATOES.—Cut the corn from the cob and put it with an equal quantity of tomatoes that have been sliced and peeled; stew these together for half an hour; then season to taste with salt and pepper and a little sugar; stir in a liberal piece of butter and simmer a few minutes longer.

Tomato Sauce.—Pare, slice and stew the tomatoes for twenty minutes. Strain and rub through a colander, leaving the hard and tough parts behind. Put into a sauce-pan with a little minced onion, parsley, pepper, salt and sugar. Bring to a boil; stir in a good spoonful of butter rolled in flour. Boil up and serve.

Stewed Celery.—Clean the heads thoroughly; take off the coarse, green, outer leaves; cut in small pieces, and stew in a little broth; when tender, add some rich cream, a little flour and butter, enough to thicken the cream; season with pepper, salt, and a little nutmeg if that is agreeable.

NEW ENGLAND BAKED BEANS.—Soak your beans over night; one pound of pork and one quart of beans; put in a crock (not an earthen dish), cover close with water, baking very slowly eight or ten hours; keep them covered with water until within an hour or two of taking them from the oven. Nothing can be better,

Saratoga Potatoes.—Peel, and slice on a slaw-cutter into cold water, wash thoroughly and drain; spread between the folds of a clean cloth, rub and pat until dry. Fry a few at a time in boiling lard; salt as you take them out. Saratoga potatoes are often eaten cold. They can be prepared three or four hours before needed, and if kept in a warm place they will be crisp and nice. They are used for garnishing game and steaks.

Headache is relieved in a few minutes by taking Dow's Magic Headache Tablets.

RELIGIOUS STATISTICS OF CANADA.

The following table is a comparative statement of the numbers of the leading denominations in 1881 and 1891, showing also the proportion each denomination bore to the whole population at each census:

			Number	Proportion to Total Population	Number	Proportion to Total Population
Roman Catholics	-		1.791,982	41.43	1,992,027	41.51
Methodists -		-	742,981	17.18	847,765	17.54
Presbyterians	-		676, 165	15.63	755,326	15.63
Church of England		-	577,414	13.32	646,059	13.37
Baptists -	-		296,525	6.85	303,839	6.59
Lutherans -		-	46,350	1.02	63,982	1.35
Congregationalists	-		26,900	.62	28, 157	·78
Disciples -		-	20,193	.47	12,763	•26
Brethren -	-		8,831	*20	11,637	•24
Adventists -		-	7,211	•16	6,353	13
Quakers -	-		6,553	.12	4,550	,10
Protestants -		-	6,519	.12	12,253	°25
Universalists	-		4,517	,10	3,186	. 07
Jews		-	2,303	•06	6,414	*13
Unitarians -	-		2.126	°05	1,777	·04
Salvation Army		-			13,949	·29
Other denominations			14,269	*33	33,756	.40
Not specified	-		*93,881	2.12	*89,355	1.85
*Pagans included.					7.000	



HEALTH, HYGIENE AND PHYSIOLOGY.

To cleanse the blood and build up the whole nervous system there is no remedy known to equal Dow's Red Tablets for Pale People.

A man will die for want of air in five minutes, for want of sleep in ten days, for want of water in a week, for want of food at varying intervals dependent on various circumstances.

The best time to bathe is just before going to bed, as any danger of taking cold is thus avoided.

In 1684 four men were taken alive out of a mine in England after twenty-four days without food.

In 1880 Dr. Tanner in New York lived on water for forty days, losing thirty-six pounds in weight.

POW'S

MAGIC HEALING SALVE

FOR THE CURE OF

Frost Bites, Scalds, Burns, Chilblains,

Old Sores, Fresh Cuts, Diseases of the Scalp

and Skin Diseases Generally.

Man as well as beast is continually subject to injuries of a more or less grave character. Sometimes the most trifling injury may culminate in the most serious results. Blood poisoning is not a rare occurrence in any country.

Many, by far too many, have filled a premature grave simply through carelessness.

The cause of this negligence on the part of the sufferer is due to not having at the time of the injury a balm of some kind for the injured part. It is not uncommon that a nail scratch terminates fatally. A small cut sometimes demands the care of the patient for months, and sometimes finds relief only in death. Physicians are called in, it is true, but in the great pleurality of instances the result is fatal, because the injury is so trifling that the doctor is not called in until it is too late, and therefore the result is as stated above.

HOW CAN ALL THIS BE AVOIDED?

Does the same thing occur in all families?

We answer; no, some families are possessed of sufficient forethought as to have a remedy in the house at all times. These are the families that have small doctors' bills and healthy boys and girls.

FOR FRESH CUTS,

Fresh wounds of any character and skin diseases of every kind an efficient remedy is found in

DOW'S MAGIC HEALING SALVE.

This remarkable curative salve is unlike and greatly superior to any and all other external applications ever discovered, and possesses all the well-known virtues and magic curative powers of Carbolic Acid, which was so extensively and successfully used by surgeons in the army hospitals during the war of 1854. Its magic healing properties are due to its antiseptic action.

A combination of this valuable disinfecting agent, with the healing and emollient curative properties of this salve will at once be recognized and approved by every physician and surgeon as affording the quickest and surest means of curing wounds, cuts, bruises, burns and ulcers of every kind, including diseases of the scalp, and skin diseases generally, and while its application is harmless and never painful, its effects are most wonderful.

So much so, that frequently a single application is enough to complete a perfect cure. It cleanses thoroughly and removes all impurities and supperation in obstinate sores, and the healing process begins as soon as the parts to which it is applied are cleansed from impure and offensive matter. Pain and soreness very soon subside and all the troubles of poulticing and other usual appliances are avoided because not necessary, and the parts need only to be carefully washed with castile soap and warm water, using a soft sponge before applying the salve. Try one box of this wonderful salve and be convinced. Price 25c, sent by mail to any address. prepaid, upon receipt of price. Address

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.



COLLATERAL EVIDENCE.—"Johnny," said the minister, "I hope your father lives in the fear of the Lord." "I guess he does, sir, he never goes out on Sunday without he takes his gun."

BIGAMY PROHIBITED.—"Boys," said a teacher in a Sunday School, "can any of you quote a verse from Scripture to prove that it is wrong for a man to have two wives?" He paused, and after a moment or two a bright boy raised his hand. "Well Thomas," said the teacher encouragingly. Thomas stood up and said, "No man can serve two masters." The question ended there.

WIT AND HUMOR.

Irate student: "Don't you ever sweep under the bed, I'd like to know?" Calm "goody": "I always do; I prefer it to a dustpan."

Lady: "Your clothes are very ragged. Can't I do some sewing for you?"

Tramp: "Yes, madam, you may sew an overcoat on this button, if you please. It seems to feel the need of society."

Parson Fitzroy is nothing if not elegant in his pulpit diction; but he rather surprised his parishoners on Sunday when he arose to the supreme felicity of referring to "Lot's lady, who was transformed into a monolith of chloride of sodium."

Dry-goods clerk (to granger): "Much obliged for your trade. Now, don't you want a nice jersey for your daughter?"

Granger: "Naw, I reck'n not. Hanner wont need a cow till she

marries. Then I 'lows ter give her the spotted heifer."

A six-year-old Chicago boy, whose father is a musician, was very restess the other night and couldn't go to sleep. Finally as a last resort he called out: "Papa, please play your cornet; that always makes me tired."

The man who does not get his clothing promptly from the tailor knows what "breeches of promise" means.

Wife: "George, do the American Indians always travel in single file?" Husband: "I never saw but one, and he did."

The Boston Transcript speaks of the turtle as taking a "leading part at dinners." We thought he generally appeared as a supe.

There is a young lady in a girl's school in Georgia who goes by the name of "Postcript." Her real name is Adeline Moore.

"George," asked the teacher of a Sunday School class, "whom above all others, shall you wish to see when you get to heaven?" With a face brightening up with anticipation the little fellow shouted: "Gerliah."

Landlord: "I want to tell you before you move in, that I like to have the rent paid promptly on the first day of each month."

Tenant: "That's my style. Either punctually or not at all."

A prominent clergyman gives this description of the life of a minister: "My experiences with churches make me think that ministers are like cats. When you go to a new place first everybody says, 'Come, pussy! come pussy! nice pussy!' and you come. Then they begin to rub your fur and say, "Poor pussy! poor pussy!' and after a while they say, "Scat."



You can eat a hearty meal of any wholesome food and not feel any distress by using Dow's Dyspepsia Tablets,

HOUSEHOLD RECIPES.

MEATS AND POULTRY.

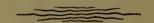
The Right Way to Cook Steak.—Broil steak without salting. Salt draws the juice in cooking. It is desirable to keep this in if possible. Cook over a hot fire, turning frequently, searing on both sides. Place on a platter. Salt and pepper to taste.

Boiled Tongue.—If the tongue is not hard, soak it not more than three hours. Put it into a stewpan with plenty of cold water and a bunch of herbs; let it come to a boil, skim and simmer gently until tender, peel off the skin and garnish it with parsley and lemon.

FRIED CHICKEN.—Cut up the chicken and season with salt and cayenne pepper; roll them in flour and fry them in hot lard. When the whole are fried, pour off the lard and put in one-quarter of a pound of butter; one teacupful of cream; a little flour and some scalded parsley, chopped fine for the sauce. After cutting the chickens always let them remain awhile in salt and water to bleach them.

JELLIED CHICKEN OR VEAL.—Boil a chicken in as little water as possible, until the meat falls from the bones; chop rather fine, and season with pepper and salt; put in a mould a layer of meat, then a layer of hard boiled eggs cut in slices, then a layer of meat and eggs alternately. until the mould is nearly full; boil down liquor left in the pot one-half, while warm, add one quarter of an ounce of gelatine, and when dissolved pour into the mould over the meat. Set iu a cool place over night.

Pressed Chicken.—Boil two chickens tender, take out the bones and chop the meat fine; add a small handful of bread crumbs, season to taste with butter, pepper, salt, and a little sage; pour in enough of the liquor to make it moist; mould in any shape you choose, and, when cold, cut in slices.



SAUCES AND SALADS.

MINT SAUCE.—Mix one tablespoonful of white sugar to half a teacup ot good vinegar; add mint, chopped fine; one half teaspoon of salt. Serve with roast lamb or mutton.

Welsh Rarebit.—We make a Welsh rarebit by melting good old cheese with a little vinegar, butter and milk, and pouring it over bread, toasted or untoasted, as we happen to fancy.

·· DOW'S ··

BRONCHIAL TABLETS.

FOR THE CURE OF

Hoarseness, Coughs,

Bronchitis, Asthma, Colds

AND ALL DISORDERS OF THE BREATH, THROAT AND LUNGS.

As a positive specific for any or all of the above named complaints, no preparation has been brought before the public that can be so thoroughly relied upon. It is the result of long years of patient investigation, and a series of careful experiments, having for their object the cure of diseases that for years have defied the most eminent medical men throughout the world and as such will prove a welcome guest to any person suffering from diseases of the throat and lungs. All Colds, Coughs, Hoarseness or sore throat which might at first be checked with a simple remedy, if neglected often terminate seriously. Few are aware of the importance of stopping a cough or "slight cold" in its first stage, that which in the beginning would yield to a mild remedy, if not attended to soon attacks the lungs. The administration of medicinal preparations in the form of a tablet is of all modes the most eligible and convenient, more especially as regards Cough Remedy medicines for the inflammation of the Bronchial tubes or lungs, are unlike others which are taken at stated intervals, being used only as the urgency of the symptoms demands. A Tablet, therefore from its portability, its not being liable to change by keeping, its demulcent ingredients which lubricate the throat, and thus allaying the irritation induced by coughing, is infinitely to be preferred to either pills or draughts, more particularly, as in this case the remedy contains nothing injurious, so they may be taken as often as occasion requires. Dow's Bronchial Tablets allays irritation, which induces coughing, giving instant relief in Bronchial, Consumptive and Asthmatic complaints,

PUBLIC SPEAKERS

and Singers will find the Tablets invaluable for clearing and strengthening the voice. There are no particular directions, they can be taken as freely as requisite. One or two Tablets dissolved gradually in the mouth, repeating if necessary will invariably give immediate relief in many cases of Hoarseness, or loss of voice, Coughs, Irritation or Soreness of the Throat, Etc., occasioned by cold or unusual exertion of the vocal organs.

For Bronchitis, Asthma, Etc., of long standing it will be necessary to take them frequently as occasion **requires**.

CAUTION

The market is full of imitations, represented to be just as good as **Dow's Tablets**, which are in most cases productive of positive injury. Ask for and buy no other than **Dow's Bronchial Tablets**, which by long experience have proved their value and received the sanction of the ablest physicians and eminent men in Europe and the United States.

They will be sent to any Address, post paid upon the receipt of price 25c. Address,

THE STANDARD MEDICINE CO.,

Smith's Falls, Ont.



For Preachers.—Sunday after church:

Wife to husband, who had heard a sermon-Well, dear, what was the text?

Husband—The Word is the Truth, or something like that.

Wife—Was it a good sermon?

Husband—The first half hour was good enough, but clear through the latter half he kept saying, "one word more," "another word," "a word in conclusion," "only a word more," and so on until I didn't know which word was the truth, and got so mixed up that I lost confidence in the whole business.

Grandpa's Absentmindedness—A little girl who was trying to tell a friend how absentminded her grandpa was, said: "He walks around thinking about nothing, and when he remembers it, he then forgets that what he thought of was something entirely different from what he wanted to remember."

HOUSEHOLD RECIPES.

PUDDING SAUCES.

Pudding Sauce.—I. Mix together the yolks of four eggs, four table-spoonfuls of sugar, one tablespoonful of flour, and two cups of milk; set on the fire, and stir constantly until thick; flavor to taste. 2. Beat one cup of butter to a cream, then stir in a large cup of brown sugar and the yoke of an egg; simmer slowly a few minutes, stirring constantly; flavor to taste. 3. Rub well together until light four large tablespoonfuls of light brown sugar and two ounces of butter; stir into a teacup of boiling water, quickly and well, until it has dissolved; on no account omit stirring constantly till well dissolved, or it will lose its lightness; add grated nutmeg to taste; serve hot. 4. One cup sugar, yolk of one egg well beaten with the sugar, four table-spoonfuls of boiling milk; add the white well beaten. 5. Rub to a cream two cups of sugar with three-fourths of a cup of butter; flavor to taste; float the dish in boiling water until well heated; pour one-half pint of boiling water on it just before serving.

Cream Pudding Sauce.—Beat half pound light sugar and butter the size of an egg until light, and then add about half a cup of cream; stir in it a half cup of boiling water and boil; flavor to taste just before sending to the table.

PIES.

Any Day Mince Pie.—I cup cooked meat, 2 cups apple, ½ cup Sultana raisins, ½ cup jelly or marmalade, I lemon, I cup brown sugar, I teaspoonful salt, ½ teaspoon cinnamon, ½ teaspoon allspice, ½ nutmeg. Chop the meat, which should first be stewed until tender, chop the apple and then mix all thoroughly and bake between two crusts.

Apple Custard Pie.—Two eggs, four or five apples, grated, a little nutmeg, sweeten to taste; one-half pint of new milk or cream, pour into pastry.

Chocolate Pie.—One coffeecup milk, two tablespoons grated chocolate, three-fourths cup sugar, yolks of three eggs. Heat chocolate and milk together, add the sugar and yolks together, beaten to cream. Flavor with essence vanilla. Bake with under crust. Spread meringue of the whites over the top.

Cream Pie.—One pint of milk scalded, two tablespoons of corn starch, three tablespoons of sugar, yolks of two eggs. Wet the starch with a little cold milk, beat the eggs and sugar until light, and stir the whole into the scalding milk. Flavor with essence lemon or vanilla, and set aside to cool. Line a plate with pie crust and bake, fill it with cream, and cover it with frosting made of the whites of egg, beaten dry, with two tablespoons of sugar. Bake a delicate brown

HINTS FOR HOUSEKEEPERS.

ANTS, RED.—Sprigs of winter-green or ground ivy will drive away red ants. Branches of worm wood will serve the same purpose for black ants. The insects may be kept out of sugar barrels by drawing a wide chalk mark around the top, near the edge.

Boots.—To make leather boots waterproof, saturate them with castor oil; to stop squeaking, drive a peg into the middle of the sole.

CLINKERS.—To remove clinkers from stoves or fire brick put in about half a peck of oyster shells on top of a bright fire. This may need repeating

GREASE Spots.—To remove grease spots, thoroughly saturate with turpentine, place a soft blotting paper beneath and another on top of the spot, and press it hard. The fat is dissolved, then absorbed by the paper and entirely removed from the cloth.

GILT FRAMES.—To restore gilt frames, rub with a sponge moistened with turpentine.

INK STAINS.—To remove stains of ink, wash carefully with pure water, and apply oxalic acid. If the latter changes the dye to a red tinge, restore the color with ammonia.

PAINT.—Chloroform will remove paint. When the color of a fabric has been destroyed by an acid, ammonia is applied to neutralize the same, after which an application of chloroform will, in almost all cases, restore the color.

SILVERWARE.—To prevent articles of silverware from tarnishing, first warm them, and then paint them over with a thin solution of collodion in alcohol, using a wide, soft brush for the purpose.

STARCH.—To prevent starch from souring when boiled, add a little sulphate of copper.

FURNITURE, TO CLEAN.—First rub with cotton waste dipped in boiled linseed oil; then rub clean and dry with a soft flannel cloth. Care should be taken that the oil is all removed.

EGG STAINS.—To remove from spoons rub with common salt.

HAIR.—To clean hair, wash well with a mixture of soft water, 1 pint; sal-soda, 1 ounce; cream tartar, ¼ ounce.

Cuts.—A drop or two of creosote on a cut will stop its bleeding.

BITES AND STINGS OF INSECTS.—Wash with a solution of ammonia water.

BITES OF MAD DOGS.—Apply caustic potash at once to the wound and give a powerful opiate to cause sleep.

Burns.—Make a paste of common baking soda and water and apply it promptly to the burn. It will quickly remove the pain and inflammation.



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Worms in Children and Adults.

It is needless to attempt to give the symptoms by which the presence or worms might be distinguished, for the symptoms of nearly every other disease is, sometimes, manifested by their presence. But if the stomach be quite hard and unusually large, with a peculiar and disagreeable breath, in the morning, foul and furred tongue, upper lip swollen, itching of the nose and anus, milky white urine, bowels sometimes obstinately costive, then as obstinately loose, with a craving appetite, then loathing food at times, rest assured that worm medicine will not be amiss, whether the person be child or adult. The worms found in the human body are mostly the ascarides, the thread worm infesting the intestines, causing much itching and irritation about the anus. The teres or long round worm generally seated in the small intestines and stomach. Dow's Dead Shot Worm Tablets are a sure cure for all classes of worms, including the tape worm. They will be sent to any address postpaid upon receipt of price, 25 cents. Address

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Smith's Falls, Ont.

HOUSEHOLD RECIPES.

PUDDINGS.

Amber Pudding.—Four eggs, their weight in sugar, butter and flour, peel of one lemon and grated rings of two; beat the butter with your hand to a cream, then add the flour, sugar and beaten eggs by degrees, then the peel and juice of the lemons; butter a mold, and when all is well mixed fill it quite full; put a buttered white paper over the top and tie well over with a cloth, put in a pan of boiling water and boil for about four hours.

APPLE PUDDING.—Peel and quarter enough apples to cover the bottom of a deep tin plate; then make a batter of sour milk, soda and flour, with a table-spoonful of lard to enough flour to make a batter that will cover the apples. This should not be thicker than for pancakes. Pour it over the apples and bake till brown. Then, when done, turn it on a large plate with the crust down. Over the apples scatter sugar and cinnamon.

Boiled Plum Pudding.—Two cups of suet, two of raisins, two of currants, a little citron, two of molasses, two of milk, two dessert spoonfuls of all kinds of spices, two cups of flour, three teaspoonfuls of baking powder. Put into a mould and boil three and one half hours. Just before putting on the table pour two tablespoonfuls of brandy over it, and touch a match to it.

Cottage Pudding.—Two tablespoons melted butter, one cup sugar, three small cups flour, one cup milk, one egg, three teaspoons of baking powder.

COCOANUT PUDDING.—One pint rich milk, two tablespoons cornstarch, whites of four eggs, scant half cup sugar, a little salt. Put the milk over the fire, and when boiling add the cornstarch, wet with a little cold milk; then the sugar, stirring constantly until it makes a smooth paste. Then take from the fire and stir in the beaten eggs. Flavor with essence lemon or vanilla, and when slightly cooled add half a grated cocoanut. Pour into a mould; set in a cool place. Serve with soft custard.

CRACKER PUDDING.—One quart of milk, three soda crackers, one egg, a small piece of butter, spice and raisins to taste; bake.

CREAM TAPIOCA PUDDING.—Soak three tablespoonfuls of tapioca in water over night; put the tapioca into a quart of boiling milk and boil three quarters of an hour; beat the yolks of four eggs into a cup of sugar, add three tablespoonfuls of prepared cocoanut; stir in and boil ten minutes longer, pour into a pudding dish; beat the whites of four eggs to a stiff froth, stir in three tablespoonfuls of sugar, put this over the top and sprinkle with cocoanut, and brown for five minutes.

YORKSHIRE PUDDING.—Six large spoons of flour, three eggs, saltspoon salt, milk enough to make like soft custard; pour into shallow pan, in which there is a little beef dripping.

WILLS.

A will is the legal declaration of what a person desires to have done with his property after his death.

There is nothing more difficult than to make a proper will, nothing in which legal advice of the most trustworthy kind is needed.

Every man should regard it as his most solemn duty to make a will, whether he have much or little to leave behind him, but no one should venture to do so unaided, where the property to be disposed of is of importance, or where it is liable to become a subject of dispute among his heirs.

Any one may make a will who is of legal age and sound mind.

The legal age for making a will is twenty-one years for real estate.

The person making a will is called, if a male, the testator. If a female, the testatrix.

A will is of no effect during the life of the maker and may be set aside, altered or replaced by a new will, at any time previous to the death of the maker.

The last will made annuls all previous wills. It is therefore the duty of the testator to state distinctly in the first part that this is his last will. If he has made other wills he should state that by this instrument he re-makes all other wills. It should close with a formal statement that is the deliberate act of the testator and that is properly signed and sealed by him.

All wills must be witnessed by two witnesses and must be signed in the presence of both witnesses at the same time.

If the testator cannot write or is too feeble by reason of old age or sickness to do so he can make his mark in the presence of two witnesses, but in such case the will must be read in the presence of two witnesses.

A witness to a will should never be a legatee, as the witness cannot inherit the bequest so made.

A person cannot be executor to a will if at the time of the probate he is a minor, a drunkard, a convict or of unsound mind,

A codicil is an addition to a will designed to modify or add new provisions to a will. It does not revoke the will, though there can be only one will there can be several codocils.

After the death of the testator his property is liable for his debts. Funeral expenses, charges of the last sickness and probate charges.



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Make few promises.

Always speak the truth.

Never speak evil of any one.

Keed good company or none.

Live up to your engagements.

Be just before you are generous.

Never play at any game of chance.

Drink no kind of intoxicating liquors.

Keep your own secrets if you have any.

Good character is above all things else.

Never borrow if you can possibly avoid it.

Read some portion of your Bible every day.

Keep yourself innocent if you would be happy.

Make no haste to be rich if you would prosper.

When you speak to a person look him in the face.

Always live misfortune excepted within your income.

Save when you are young to spend when you are old.

Never run into debt unless you see a way to get out again.

Small and steady gains give competency with tranquility of mind.

Often think of death and your accountability to God, your Creator.

Good company and good conversation are the very sinews of virtue.

Your character cannot be essentially injured except by your own acts.

If one speak evil of you let your life be such that none will believe him.

When you retire to bed think over what you have done during the day.

Avoid temptations through fear that you may not be able to withstand it.

Never think that which you do or give for religion is time or money mispent.

If your hands cannot be usefully employed attend to the cultivation of your mind,

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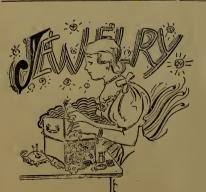
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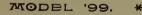
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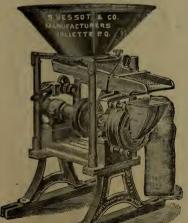
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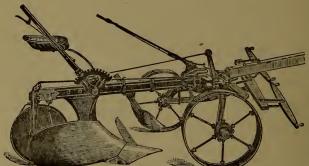
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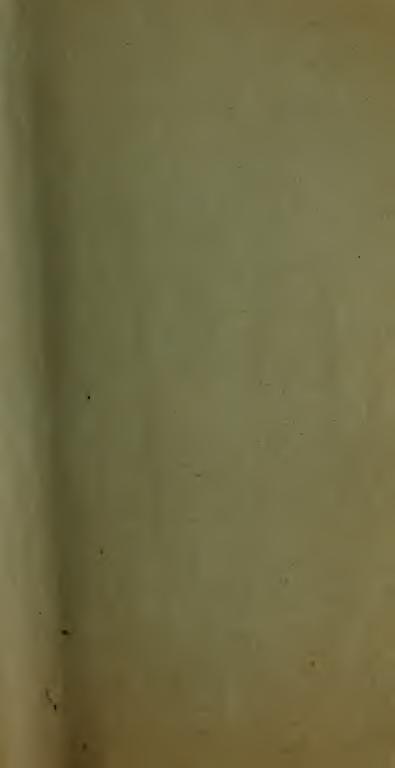
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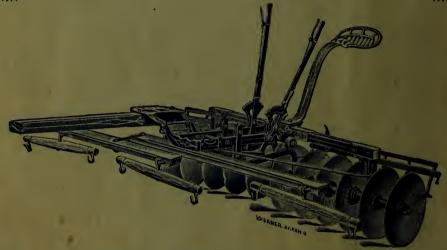


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